

LIFE FITNESS: NUTRITION

This course is designed to meet the criteria to earn .5 credits of Life Fitness.

EXPECTATIONS

This independent course has been developed to promote a healthier and more active lifestyle. Students will focus on learning about the nutritional side of life fitness. Students will also document aerobic, muscle strengthening and endurance, flexibility and cardiovascular endurance through a variety of activities. Exercises will vary according to each student. Students will also work through modules to learn about how nutrition impacts their overall health.

You will be responsible for logging your Physical Activities on the provided worksheet. These activities must strengthen or tone muscles, increase the cardiovascular system, or build flexibility or stamina. Some examples are: going to the gym, jogging, doing yoga, playing sports.

IF THE ACTIVITY IS NOT LISTED YOU MUST GET PERMISSION OR THE HOURS WILL NOT BE COUNTED.

If at any time you have questions or concerns about this course, please don't hesitate to contact us. This course is designed for you to succeed.

You are responsible for knowing when your work is due. When you signed up for this course you agreed to the "Course Completion Agreement." This stated that you would finish this course by your Completion date. Please look on your Welcome Letter or contact MSE to find out what the final due date is for your course.

If this course is not completed by your completion date, you will need to either file for an extension or re-enroll resuming the course where you left off. Please note that full tuition is required for re-enrollment.

Please note: Do your best on your assignments as we do not allow for resubmission to get a better grade.

*For seniors taking a course in spring, please note that you will have to complete courses by the mid-May, so your final grades can be submitted before graduation.

MODULE LEARNING

You have enrolled in an exciting course at Market Square Education. You get to pick where your course takes you -think "choose your own adventure!" There will be some mandatory units every student is responsible for completing - this includes the 25 hours of activity that will be documented on your activity log. Now the exciting part - you choose one additional module to complete your course. Here are the details:

Every student will complete the following:

- **Activity Log**
- **Unit 1: Health, Nutrition, and Wellness**
- **Unit 2: Managing Your Food, Nutrition, and Health**
- **Unit 3: You Are What You Eat: Healthy Meal Planning**
- **Unit 6: Health and Wellness Challenges**
- **Unit 7: Social & Emotional Health**

Now you get to choose 1 of the following units:

- **Unit 4: Outside Influences**
- **Unit 5: Considering Food Safety**
- **Unit 8: Global Health and Wellness**

You will need to let us know which optional unit you pick. Email awallace@marketsquare.education when you decide.

GRADING

This course allows you to either choose to take a grade on the full-scaled systems (A-F) or accept a PASS/FAIL grade, which MUST be declared within ten business days of enrollment. You are **REQUIRED** to complete 25 activity hours to pass the course. **YOU WILL NOT PASS WITHOUT ALL 25 HOURS.**

Please note your teacher grades submitted homework and responds to emails twice weekly. If you have an immediate concern/question, send it to awallace@marketsquare.education